



McClellan Air Force Base, Calif.

Sept. 10, 1998 Vol. 39, No. 34

SPACEMAKER

SM-ALC vision statement: "Completing the mission of McClellan AFB with professionalism and honor"



AT A GLANCE

Blood Drive

There will be a base blood drive today from 9:30 a.m. - 1:30 p.m. in Rafferty Hall. Thank you very much for your support at the last drive. We collected 101 units (up from 87 in May). Please continue your donations.

As an extra incentive for donors, all donors will receive a discount certificate redeemable at area Firestone dealers. With the certificate, you only pay \$6.99 for a complete oil/lube/filter change (regularly \$25.99).

If you have any questions, please direct them to the Sacramento Blood Center, 456-1500, or Lt. Dan Marine, 643-5619.

AFA Golf Tournament

The Air Force Association will host a 51st Air Force Anniversary golf tournament and fund raiser, Sept. 18, Lawrence Links Golf Course, 12:30 p.m. start time.

The tournament is open to the public and will feature a shotgun start-four person scramble. Deadline for reservations is Sept. 15. To call in reservations or for more information, call 643-3158 or 643-0599 Ext. 376.

CFC Bowling Tournament

There will be a nine-pin no-tap bowling tournament to raise money for the Combined Federal Campaign Sept. 16 at Camellia Lanes. Sign-ins begin at noon, and play begins at 1 p.m. The tournament is open to all personnel, including spouses. Entry fee is \$10 per person and prizes will be awarded. Call 643-2437 to sign up today.

Inside

Military Gala	Page 2
CFC Marathon	Page 3
Medical Records	Page 4
Around the Force	Page 5
Aero Club	Page 7
Bulletin Board	Page 8
Health News	Page 9
Crime Beat	Page 10

Opening ceremonies -- Air Force Style



Above: (Left to right) McClellan Honor Guard members Senior Airman Sean L. Taylor, 77th Dental Squadron, Staff Sgt. Kenya M. Patterson, SM-ALC Command Support and Protocol, 2nd Lt. Carey E. Petit, Space and C3I Directorate, and Airman 1st Class Ryan D. Fitzgerald, 77th Communications Squadron, stand by to present the colors at Saturday nights Sacramento Knights indoor soccer game.

Right: (Left to right) Staff Sgt. James A. Green, 77th Dental Squadron, Airman 1st Class Maxine D. Reyes, 77th Civil Engineer Group, and Tech. Sgt. Damon D. Mann, 77th Dental Squadron, sing the national anthem in front of a 'full house' at Arco Arena prior to the Knights game against Brazil.

U.S. Air Force Photos by 1st Lt. Thomas A. Knowles



2nd annual CFC marathon set for Oct. 6

Col. Thomas Hayden
77th Civil Engineer Group commander

Once again, it is Combined Federal Campaign time, and time for all of us to show some "true grit" in our effort to help others. Here is one opportunity for all units to have some fun, show some athletic prowess, and do something good for others less fortunate.

Brig. Gen. Mike Wiedemer, Sacramento Air Logistics Center commander, has led the way by challenging the Chiefs to another Eagles-Chiefs sporting event — a relay marathon. Yes, that's 26.2 miles!

Brig. Gen. Wiedemer and Chief Master Sgt. Len Czepiel, SM-ALC senior enlisted advisor, will each run the first leg, before handing off to the next runner. Squadrons and other units can enter a 13 person team to compete for gold, silver and bronze medals. All members of finishing teams will receive finisher medals.

Runners will be issued pledge

cards to get sponsors for the relay, with all donations to be given to the Combined Federal Campaign. This event will take place at Freedom Park Oct. 6.

Last year, 21 teams competed and earned almost \$7,000 for the CFC. The 77th Civil Engineer Group team brought home the gold medal as the fastest team and the Eagles team earned the most money in pledges. We are hoping to top that dollar amount this year.

The rules are:

- A team will have 13 runners, each charged a \$5

SEE MARATHON, PAGE 3

Reminder

McClellan Day Fair Summer Bash

The annual Summer Bash will be Saturday from 11 a.m. to 5 p.m. at Freedom Park. The event is for all McClellan military and civilian personnel and their families. Hot dogs and hamburgers are \$.25 and beverages, chips, snowcones and cotton candy are free. There will be athletic competitions, hay rides, music, petting zoo, kids' games and much more. Don't miss it!

ACTION LINE

643-3344
Action Line
77 ABW/CC
5241 Arnold Ave.
McClellan AFB, CA 95652-1086
email: Actionline

Since I've been your wing commander, I've had much opportunity to hear from you on how we can make things better. This **Action Line** has been a key avenue and remains a good means to obtain feedback on how we're doing and how we can improve.

If you have or see a problem, try to work it through the responsible agency or activity first, since that will provide the most rapid resolution or action. If you still can't get the problem resolved, then try to work it through your chain of command. If the problem still exists after you've taken these two steps, then let me know so we can try to help.

In your request, please be brief, but include enough information to address the entire issue. Also, please let me know the specific action you want taken. I need your name, duty phone, and address so that we may send you a written response. I treat each call very seriously



Col. W.P. "Bear" Ard
77th Air Base Wing commander

and read each response. If I feel the issue is of interest to the entire McClellan community, we may also print it and the response in the **Spacemaker**.

Our overall goal is to better serve you. In this same vein, we also like to highlight those areas that provide high quality or exceptional support, so we can build upon and expand them. To do these things, I need your involvement.

I also welcome your input in other ways. On a quarterly basis, I hold Town Hall meetings with community members, and I regularly meet with various groups on base (the Chiefs, First Sergeants, etc.). Please plug into one of these avenues to get your voice heard. You have a say in how we serve you!

AAFES.....	920-0537
Civilian Pay.....	643-6725
Civil Engineering.....	643-5624
Civilian Personnel	643-2860
Commissary	643-4954
Crime Stop Hotline.....	643-6161
Dining Hall	643-5092
Family Support Center.....	643-1106
Focus Center #1	643-5661
Fraud, Waste & Abuse	643-6000
Housing	643-6221
Legal	643-3150
Lodging	643-6223

Medical	Appointment Desk -- 643-8400
.....	After Hours -- 643-7212
.....	TRICARE Service Center -- (800) 242-6788
Military Pay.....	643-6965
Military Personnel	643-1094
Public Affairs	643-6127
Retiree Activities	643-2207
Security Forces	643-6160
Services/MWR	643-6660
Social Actions	643-3322
Supply	643-5213
Uniform Questions	643-4051

SPACEMAKER

Air Force Vision

"Air Force people building the world's most respected air and space force ... global power and reach for America"

Air Force Materiel Command Vision

"Quality Systems for America's Air Force"

This funded Air Force newspaper is an authorized publication for members of the U.S. military services. It is printed under contract by *The Auburn Journal*, of Auburn, Calif. Contents of **SPACEMAKER** are not necessarily the official views of, or endorsed by, the U.S. Government, DoD, or the Department of the Air Force. The editorial content is edited, prepared, and provided by the Public Affairs Office at McClellan Air Force Base, Address: SM-ALC/PA (**SPACEMAKER**) 3237 Peacekeeper Way, Ste. 5, McClellan AFB, CA 95652-1048. Phone: (916) 643-6100 or DSN 633-6100. **Deadlines** for articles or photos is noon, Thursdays, one week prior to publication date. To email stories or information for publication in the **SPACEMAKER**, send to stubbs.ester@email.mcclellan.af.mil. Photos are U.S. Air Force photographs, unless otherwise indicated.

Sacramento Air Logistics Center
Bldg. 200, Room 125
(916) 643-6100

<http://www.mcclellan.af.mil/PA/spc.htm>

Public Affairs Editorial Staff

Brig. Gen. Michael P. Wiedemer SM-ALC Commander
Col. W. P. Ard 77th ABW Commander
Maj. Robert J. Gonzales Director, Public Affairs
Victoria R. Merriweather Chief, Internal Information
Ester A. Stubbs Editor
Laura J. Williams Staff Writer

Dry lawn

Q The lawns in front of Bldg. 783A are receiving regular maintenance (mowing, edging, etc.) on a weekly basis but watering is nonexistent. The grass is drying up from lack of water and we've already lost one tree and are about to lose another.

I know we are closing and people think no one cares what happens to this base. However, paying on a contract to mow lawns and then to not keep them watered and allowing them to dry up is such a waste. Why is this being allowed to continue?

A Thank you for pointing this out. The lawns were in severe need of water and the people have been notified to correct the situation.

Thrift Shop kudos

C Just want to add mega ditto's to the nice Spacemaker feature on the McClellan Thrift Shop. I've used thrift shops throughout the Air Force in a mostly successful attempt to avoid overweight PCS moves and I am a frequent customer at McClellan's shop. With-

out question, The McClellan Thrift Shop is the best run and friendliest I have experienced. The people who work there are great examples of what makes the Air Force family special. Thanks for recognizing them.

A Thank you for those wonderful comments. Air Force thrift shops are a vital part of our Air Force community and culture, and would not be possible without the generosity of those who contribute to them. The McClellan Thrift shop hours of operation are Wednesday 9 a.m. to 2 p.m. and Thursday 2 - 6 p.m. We encourage everyone to donate or pick up an item that might be useful to you.

Thanks for handicap parking

C I came by the base about 3-4 months ago to ask why there were no handicapped parking spaces at the base clothing sales store and now I'm pleased to find out that there are now handicapped spaces. Thanks so much. I am a Purple Heart veteran and an active participant in many Veterans of Foreign Wars organizations and really appreciate it.

Commander extends invitation to Military Gala

Brig. Gen. Michael P. Wiedemer
Sacramento Air Logistics Center
commander

This year's Capital City Military Gala will be the last one to be hosted by McClellan and it is going to be spectacular. I want to personally invite every person at McClellan to attend this exciting military festival.

The McClellan, Beale and Travis Air Force bases honor guards are working very hard to choreograph dramatic military ceremonies. The featured highlights



Brig. Gen. Michael P. Wiedemer

of the gala will include the sabre drill team and performances by the Travis Band of the Golden West. In addition to this,

there will be great food and fine wine for you to enjoy. After dinner, you may dance the night away to the music of Galaxy.

The best way to enjoy all the fun and excitement of this year's Gala is to share it with friends. So,

why not gather nine of your most fun friends and buy a table of ten? You can even pick out the table you want

on a first-come, first-serve basis. Close to 30 corporate sponsors have made generous contributions to buy down the cost of your reservation to \$35. To further help you have an affordable and enjoy-

able evening, the Child Development Center will be open for child care that night.

Remember, this is McClellan's last Gala and I really hope to see you there, Sept. 26, to be a part of this "last chapter" of the base's history. For more information or reservations, contact the Command Protocol Office at 643-2015, Bldg. 200, room 119. You may also contact your organization's Gala representative.

“**Remember, this is McClellan's last Gala and I really hope to see you there, Sept. 26, to be a part of this 'last chapter' of the base's history.**”

Rumor control is all about communicating the facts

Col. Michael F. Turner
Inspector General

With all of the emphasis we put into communicating with one another during this time of transition, we certainly don't need to spread rumors. Rumors consist of unverified information

of uncertain origin spread by word of mouth. We have so many reliable means of communicating information that we don't need to depend on hearsay. Use of email, the McClellan web site, memos from the command section, town meetings, staff meetings, and the *Spacemaker* are all means of getting the word out on important issues.

Everyone on the base can help the communication process by avoiding the temptation to spread rumors and, instead, helping pass on factual information. Supervisors who receive

information through established channels should conscientiously pass it to their subordinates. After a staff meeting, a director, commander or deputy usually comes back with information for the staff. The staff then needs to pass it on in its most accurate form to all supervisors who

pass it to the remaining employees. Supervisors can also help by taking the time and caring enough to really listen to their employees questions and concerns. To do less will result in confusion and conjecture.

When an individual hears a possible rumor, to whom should he or she talk? No, not the command section or other employees. Go to your supervisor or your chain of command. This way you can usually get the facts straight and avoid being a party to the spread of unsubstanti-

ated information. If an issue concerns an organization on base, contact that agency or organization. If you hear a rumor that cannot be verified by your chain of command and they are not sure who has the answer, you can contact the office of the Inspector General at 643-6244. The Sacramento Air Logistics Center Commander, Brig. Gen. Michael P. Wiedemer, has asked my office to assist in enhancing the communication of factual information. The IG office will do everything we can to help improve this process. If we do not know the answer, we will look into the matter and find out.

Many rumors result when final management decisions have not yet been made. For example, the time

frame for some of the base closure actions cannot be determined until a contract award is made as a result of the public-private competition. Trying to second guess plans that have

not been finalized is counter-productive. Rumors about when the base will actually close are also unnecessary, since the date of July 13, 2001, has already been determined, and announcements will be forthcoming as decisions are made regarding specific segments of the base.

For some reason many people love gossip and rumors. The next time you are approached, don't pass it on any more than you would a chain letter and I hope you wouldn't. Get the facts by using the established channels of communication!



Col. Michael F. Turner

Sexual harassment hotline remains available

RANDOLPH AIR FORCE BASE, Texas (AFNS) — Air Force leaders remind military and civilian employees that the service's sexual harassment hotline remains open.

The Air Force Personnel Center here operates the hotline which is set up to receive sexual harassment and other forms of discrimination inquiries. The numbers are toll-free 1-800-558-1404; DSN 487-7849; or commercial (210) 652-7849.

"First we expect our people to use their chain of command," said Maj. Gen. Don Lamontagne, AFPC's commander. "However, the hotline opens another channel of communication for those who have a question, concern or complaint about sexual harassment or discrimination. The Air Force has 'zero tolerance' for sexual harassment and discrimination and we

take each call very seriously."

AFPC Call Center representatives initially answer all hotline calls. Callers with a sexual harassment or discrimination concern are forwarded to a social actions counselor.

Counselors ensure callers understand what avenues are available and also ensure complaints are channeled to the proper authority. Counselors are standing by to

take calls during normal duty hours, 7:30 a.m. to 4:30 p.m. CDT, Monday through Friday.

After normal duty hours, voice mail is available for callers to leave messages. Counselors return after-hours phone calls at the beginning of the following duty day. Counselors are available 24 hours a day for emergencies or when an immediate response is desired. The call center voice mail will instruct callers how to reach an after-hours counselor.



MARATHON

CONTINUED FROM PAGE 1

entry fee (that's \$65 per team); each runner will run two miles except the lead runner who will run 2.2 miles.

- Teams can enter with less than 13 runners, but the team entry then goes up to \$100 (all entry fees go to the CFC).

- Medals/Awards will be given to first, second and third place teams (each runner).

- Finisher medals will be given to all members of finishing teams that carry the relay baton across the finish line.

- All runners are asked to build a pledge list for the CFC for running miles. All dollars earned for the CFC through the marathon will count toward the unit eagle award. Pledge cards will be provided when each team signs up.

- Individuals earn pledges based on team mileage. For example, if John Jones pledges 10 cents per mile against Staff Sgt. Smith of the 77th Civil Engineer Group team, and the team finishes the

26.2 miles, John owes \$2.62 to the CFC.

- The race starts at 11 a.m., Oct. 1 for the Eagles and Chiefs and at 11:15 a.m. for all other competing units. Brig. Gen. Wiedemer and Chief Master Sgt. Czepiel will run the initial 0.2 miles and hand off the baton to the first of 13 eagles and 13 chiefs.

- The Marathon course is two laps around scenic McClellan with the relay baton exchange every two miles.

- Please remember this is not an individual marathon, but a relay marathon.

Start putting your

squadron teams together and watch for the sign-up posters in the gym and around the base for additional details.

I've already heard boasts from a few runners that plan to dethrone the reigning champs, those fast-paced speedsters of the 77th Civil Engineer Group. Let's all get it together, make some money for the CFC and **MAKE IT HAPPEN**, again.



Mather medical records transfer to 77th Med Group

Staff Sgt. Christopher Lantagne
77th Medical Group

The 77th Medical Group Transition Team will cease operations at Mather Hospital Sept. 25. In preparation, the Outpatient Medical Records Section located at Mather Hospital will close its customer service window tomorrow.

All medical records currently located at Mather will be relocated to the 77th Medical Group Annex, Bldg. 1043, McClellan Air Force Base.

The move from Mather Hospital to the Annex, Bldg. 1043 will be complete by Sept. 21. Medical records will still be forwarded to clinics for all appointments booked prior to tomorrow. All urgent requests for medical records between Sept. 14-18 should be directed to Clinic Outpatient Records.

Individuals whose records are currently maintained at Mather Hospital may gain access to them after the Sept. 18 in the following manner:

- Patients enrolled in TRICARE Prime may request records be permanently transferred to the clinic by stopping by the Clinic Outpatient Records Section or by calling 643-3263.

- Patients not enrolled in TRICARE Prime may request records be transferred to another Military Treatment Facility or copied for private use by stopping by either the Clinic Outpatient Records Section or Bldg. 1043.

If you have questions regarding Outpatient Medical Records services, call Medical Outpatient Records, Clinic, at 643-8390 or Medical Outpatient Records, Annex at 643-3263.



U.S. Air Force Photo by Laura J. Williams

Airman 1st Class Nanette Cruz files medical records at the 77th Medical Group Clinic.

FOCUS Center Jobs

This section contains job announcements from the McClellan FOCUS Centers. For additional information, contact one of the FOCUS Centers: #1, 643-5661; #2, 643-0086; #3, 643-6808.

Position: Computer Specialist, GS-334-09/11/12
Annc#: SNR9812
Close: Oct. 2
Agency: Western Area Power Administration
Location: Folsom
POC: Kim Adams (916) 353-4511
Remarks: Review vacancy announcement and contact agency for forms or KSA information.

Position: Office Automation Clerk, GS-326-04
Annc#: FWSI-98-248
Close: Sept. 21
Agency: Fish and Wildlife Service
Location: Sacramento
POC: Contact Phone (503) 231-2018
Remarks: Review vacancy announcement and contact agency for forms or KSA information.

Position: Electrical Engineer, GS-850-05/07
Annc#: MP-BOR-98-158
Close: Sept. 23
Agency: Bureau of Reclamation
Location: Sacramento
POC: Contact Phone (916) 978-5471
Remarks: Request copy of vacancy announcement from USA Jobs, review vacancy announcement and contact agency for forms or KSA information.

Position: Contract Specialist, GS-1102-11
Annc#: BOR-MP-98-154
Close: Sept. 14
Agency: Bureau of Reclamation

Location: Sacramento
POC: Inga Chow (916) 978-5471
Remarks: Review vacancy announcement and contact agency for forms or KSA information.

Position: Public Involvement Specialist (Collaboration), GS-1035-13
Annc#: R5-626-98
Close: Oct. 2
Agency: Forest Service
Location: Sacramento
POC: Dawn Hayhurst (415) 705-2067
Remarks: Request copy of vacancy announcement from USA Jobs, review vacancy announcement and contact agency for forms or KSA information.

Position: Engineering Technician, GS-802-10
Annc#: 98-665-1MS
Close: Sept. 14
Agency: Coast Guard
Location: Alameda
POC: Job Hotline (800) 525-2878
Remarks: Review vacancy announcement and contact agency for forms or KSA information.

Position: Plant Mechanic Team Leader, BB-5352-00
Annc#: BOR-MP-98-159
Close: Sept. 14
Agency: Bureau of Reclamation
Location: Redding
POC: Inga Chow (916) 978-5471
Remarks: Review vacancy announcement and contact agency for forms or KSA information.

Personnel Briefs

Job Fair

Would a full time job put you on top of the world or will a part-time job supplement your income? Come to a job fair, Sept. 22 at Rafferty Hall, 2 - 4:30 p.m. Resumes will be accepted for:

- ★ Restaurant Managers
- ★ Hotel Managers
- ★ Housekeeping
- ★ Motel managers
- ★ Fast Food workers
- ★ Cooks
- ★ Servers
- ★ Caterers

FERS Open Season Q & A session

The Benefits Office has scheduled FERS Open Season Question and Answer Sessions Sept. 16, at Bldg. 8, Room 17 from 9-10:30 a.m. and 1-2:30 p.m. This session is not a briefing, but an opportunity for employees to ask specific questions after they have reviewed handbooks, viewed the videotape, and experimented with the FERS computer Transfer Model.

Please call 643-5702 to sign up for a session.

FERS Video Presentation

The Office of Personnel Management's July 29 video conference highlighted some of the factors you should consider when you choose between CSRS and FERS. The video is called **FERS: A Change is Worth Considering**.

The video consists of three parts: a lengthy introduction and update on the FERS open season, various employee profiles, and a question and answer segment.

The video focuses on individual employee profiles and what considerations should go into making a decision to stay in CSRS or to switch to FERS. The question and answer segment provided an opportunity for employees to call in their questions during the broadcast.

This 1-1/2 hour video will be shown Sept. 15 in Bldg. 8, room 24 at 7 a.m., 9 a.m., 11 a.m., 1 p.m. and 3 p.m.

Beginning Sept. 16 copies of the video will be available at the FOCUS Centers. You must make arrangements through the FOCUS Centers to view them. If you have any questions, please contact Betty Faciane at 643-5702.

Tuition Assistance Applications Due Soon

Military members registering for college courses which begin any time prior to October and who plan to also request tuition assistance should come to the Education Office as soon as possible.

Tuition assistance applications for courses beginning prior to Oct. 1 must be in not later than Sept. 15 to meet FY98 funds closeout deadline. Contact the Education Office, Bldg. 8, 643-4776, 9:30 a.m.-4:30 p.m., Monday through Friday.

Remains of 17 U.S. airmen shot down during Cold War interred Sept. 2



U.S. Air Force photo by Staff Sgt. Angela Stafford

The remains of 17 U.S. airmen shot down during the Cold War were interred as a group in Arlington National Cemetery Sept. 2. The airmen were crewmembers aboard a C-130 Hercules aircraft Sept. 2, 1958, when it was shot down by MiGs over Soviet Armenia. The C-130 was flying a reconnaissance mission near the Armenian border when it strayed into Soviet territory. The aircraft crashed with 17 crewmen on board. With this group identification of 17 men, 18 Americans have been identified from Cold War losses, and 123 are still unaccounted for.

Air Force announces career job reservation changes

WASHINGTON (AFNS) -- To make the re-enlistment process more responsive to both enlisted people and Air Force requirements, the Air Staff has approved changes to the career job reservation program.

Based on feedback from across the Air Force, two changes have been developed to help streamline the re-enlistment process for first-term airmen. First-term airmen now have an added five months in which to apply for a CJR.

This means a four-year enlistee's window of opportunity to apply for a CJR has expanded from the 35th through 38th month of service to the 35th through 43rd month. For six-year enlistees, the application window is now the 59th through 67th month.

The second change extends the CJR suspense date to an airman's date of separation plus one day. Previously, first-term airmen had to re-enlist within 60 days of obtaining a CJR.

"These changes were needed to provide a more realistic time frame for first-term airmen to make their career decisions," said Janice Corbett, Air Force program manager for CJRs.

"As a result of expanding the application window, first-termers interested in retraining into shortage skills will now be able to compete for three review boards."

Started in 1974, the CJR program controls the flow of first-term re-enlistments into the career force; however, as the Air Force has become smaller, according to Corbett, the need to restrict the number of re-enlistments into any specialty has become unnecessary.

"Letting first-termers re-enlist up to their date of separation will also increase selective re-enlistment bonus entitlements and allow eligible airmen to sell accrued leave when the re-enlistment occurs within three months of the expiration of term of service," Corbett said. "We believe these changes present a win-win situation for the Air Force and its people."

Military personnel flight career-enhancement sections have more information about the career job reservation program. *(Courtesy of Air Force news Service)*

Department of defense adopts uniform tuition assistance policy

Staff Sgt. Pachari Lutke
Air Force News Service

WASHINGTON — All service members will benefit from equal tuition assistance benefits, based on new Department of Defense rules.

Starting Oct. 1, the Air Force joins its sister services in a standardized tuition assistance policy. Once in place, all services will pay 75 percent of the cost of tuition for off-duty courses up to a maximum of \$187.50 per semester hour, or \$562.50 per course. The policy also includes a \$3,500-per-year tuition assistance ceiling.

In the past, each service used its own formula to provide tuition assistance. Each service decided how much to contribute to the program and set limits per course and per year. Funding rates overseas will be covered by the new tuition assistance policy, ensuring uniform costs to all service members, no matter where they're stationed.

According to Chief Master Sgt. of the Air Force Eric W. Benken, the Air Force successfully lobbied for the higher figure of \$3,500 during a DOD-mandated study of tuition assistance.

"When this began, there was some discussion about taking it much lower," Benken said. "We looked at a figure somewhere around \$2,000 a year. So we successfully argued the average person would get plenty of college by getting the \$3,500-a-year ceiling. We thought that was

fair and that it preserved the benefit."

The tuition limits will still let Air Force students complete up to 18 college courses annually, which, says Chief Benken, is more than adequate for a full-time military member.

"The average person who goes to school and works full time takes about eight courses a year," Benken said. "So, if you use that as a baseline, a \$3,500 ceiling will more than cover the amount of courses the average airman should take. Ninety-nine percent of airmen who go to school every year will not see any impact on their off-duty education."

Base education offices are ready to help students who have questions about their education. The chief of the Education Division of the 11th Wing at Bolling Air Force Base, D.C., Mary Beth Storer says they're gearing up for the new policy.

The new Air Force Tuition Assistance Program, or AFTAP, will let students know where they stand by calculating how many dollars they have left out of the \$3,500.

"We'll turn on the program Oct. 1, and from that point on, any student who uses tuition assistance will get a running balance," Storer said.

"With AFTAP, we'll track the amount very accurately, down to the nickel, of how many dollars the student has left for that fiscal year. And don't forget that Oct. 1 of each year the coffers fill up again. It all starts over."

Storer believes most students won't even get close to the ceiling. The Department of Defense will address rising costs of education annually. Albert B. Arrighi, Air Force chief of voluntary education, says the policy will be reviewed each fall for inflation to ensure the \$3,500 limit will let military members pursue quality off-duty education.

For those who reach the \$3,500 ceiling, situation-specific, case-by-case waivers are possible, said Arrighi.

An example would be someone doubling up courses or in an accelerated program to make a cut-off date for Officer Training School.

Benken wants airmen to know that despite the ceiling imposed by the new DOD policy, educational benefits are holding steady.

"The new policy gives the services a baseline to work from and provides equality for all of the services," he said. "The benefit [education] is still there. This policy will provide plenty of money under tuition assistance for our airmen." *(Courtesy of Air Force news Service)*



Flu Season Approaches



U.S. Air Force Photo by Laura J. Williams

The temperature has dropped below 105 degrees, and that is the sure sign that flu season is on its way. Flu vaccinations will be offered soon at the 77th Medical Group Clinic. The shots are mandatory for all active duty members. More information will be coming about when and how to get your flu shot, but in the meantime, a little mental preparation will help get you ready for time to come under the needle. Above, Capt. Douglas L. Houston, Nurse Manager in the pediatric clinic winces following an inoculation from Immunization Technician, Senior Airman Jamie Pratt. Look for more information about flu shots in future issues of the **Spacemaker**.

Deployed family members form bonds of support

Courtesy of the Family Support Center

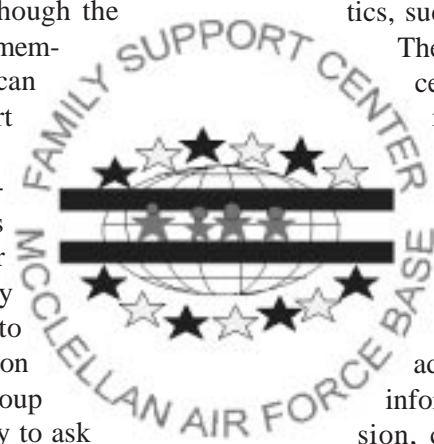
The McClellan Family Support Center invites all family members of deployed personnel to attend a Deployed Family Support Group session. Although the support groups are designed for family members of deployed personnel, anyone can benefit from the groups or offer support and information.

Family Support Groups are important because they form important links which help service members and their families face the challenges of family separations. Families get together to share many types of practical information and provide emotional support. The group sessions allow families an opportunity to ask questions, offer ideas and to express concerns. The

support groups attempt to prepare families in order to prevent the health consequences of stress. Families with adequate support networks experience less difficulties during separations regardless of personal characteristics, such as: age, education or experience.

The service member is better able to concentrate on his or her duties when family issues are not a major concern.

The Deployed Family Support Group meets the first Wednesday of each month from 6 - 8 p.m., in the Family Support Center classroom, Bldg. 1407, next to the Base Library. Children are welcome, but limited adult supervision is provided. For more information or to register for the next session, call Tech. Sgt. David Lee, Family Readiness NCO, at 643-1106.



McLaughlin, former center commander dies

Maj. Gen. George W. McLaughlin, former commander, Sacramento Air Logistics Center, died, Sept. 4. The general and his wife June lived in the Sacramento area and internment will be at Arlington National Cemetery.

McLaughlin served as the center's commander from July 1972 to February 1975. He retired with more than 33 years active service as a command pilot with over 6,000 flying hours in 25 different aircraft. This included P-47 combat missions over Europe during World War II, where he was credited with four enemy aircraft destroyed. After World War II, he was assigned to



Headquarters Army Air Forces before graduating from Miami University, Ohio. He would later serve as the commander of the 50th Tactical Fighter Wing, Hahn Air Base Germany, and of the 3rd Tactical Fighter Wing at Bien Hoa Air Base Vietnam.

After retirement from McClellan, McLaughlin was appointed as the County of Sacramento, director of airports, and served in that position until 1987.

He is survived by his wife June, his daughter Judy and son David.

Mediation: A dispute resolution alternative

Dan Beach
Organizational Health Center

It started as a minor disagreement between Dan and Michelle. Michelle was project manager and Dan her alternate. He expressed concern that the project was not going well. She told him it was her project and to "butt out".

The dispute lasted several months and escalated to yelling, screaming and general disruption of the work area. The project was behind schedule and becoming very costly to the government.

The supervisor attempted to intervene but to no avail. He was overheard saying "should we just let them fight?"

There is another possible solution to this situation - Why not try mediation?

Mediation is a powerful tool to deal with the organizational disruption and expense of resources associated with interpersonal disputes like the one above. It can also be used as an alternative to discrimination complaints and union grievances.

It is a voluntary method of facilitated dispute resolution in which the parties to the dispute have the power to make decisions and settle their conflict with the aid of a trained mediator or co-mediated team.

Information shared in mediation is considered confidential and may not be repeated outside of the mediation session by either party to the dispute. This is usually agreed to in the opening of the mediation session. In this regard, the parties may raise issues in mediation they may not otherwise raise in another forum.

Actively participating in the mediation process leads to collaborative negotiation between disputing parties. The parties hear each others needs and concerns in a neutral and confidential atmosphere guided by the mediator or co-mediated team.

Once both disputants have had a chance to communicate their perception of the issues to each other, options and alternatives can be explored. The parties can then begin to create an agreement between themselves that is acceptable to the parties concerned, often referred to as a win-win situation.

To obtain more information about mediation, contact the Equal Employment Opportunity Office at 643-3791, Organizational Health Center at 643-5374, Social Actions, 643-3322, or your union steward.

Fly away with the McClellan Aero Club

Story and photos by
Laura J. Williams
Staff Writer

Where is the best price in town for an airplane rental? You guessed it — right here on base. The McClellan Aero Club rents airplanes to any employee connected to the Department of Defense who joins the club.

What? You don't fly. Well, the Aero Club is also one of the least expensive places around to learn to fly. You can get everything from a private license to an airline transport rating. "We are working right now on getting some surplus helicopters to expand what we do," said Mike Duncan, Aero Club manager.

The Aero Club is part of the Morale, Welfare and Recreation program of the DoD. Civilians, active duty, retirees, reservists, Civil Air Patrol, dependents, and many more are eligible to join the Aero Club and take advantage of



Capt. Chip Bulger, avionics engineer at the A-10 Program Office, does a preflight check on a T-41 at the Aero Club. "There is a nice mix of airplanes out here," he said. "It is the cheapest place there is to rent a plane. I can fly this plane here for the same price as I can fly its smaller sister downtown," he added.

the facilities and services. "It is one of the best benefits of being in the Air Force," said Capt. Chip

Bulger, avionics engineer in the A-10 Program Office.

Students can learn to fly for about \$3,500. That includes all the plane rentals, classroom instruction and testing fees. Aero Club instructors realize this is a significant amount of money and allow students to pay as they go.

The Aero Club system is headquartered in San Antonio, Texas and oversees clubs all over the United States from Maine to California as well as Europe and Japan.

Members of the club gather about once a month for a fly-in. This month they are flying to Mendocino for brunch. "Flying is no more expensive than motorcycles, skiing, horses and all those other hobbies people have," Duncan pointed out.



Ellie Holdahl, from the A-10 line, cleans the spark plugs from a Cessna 172 in the Aero Club maintenance hangar. "I volunteer over here to gain experience in general aviation airplanes," she said. "I want to work for the FAA, she added. "I am trying to broaden my experience so I'm more marketable."



Assistant Manager Rick Kivela talks over the airplane rental schedule with Juacuin Torres in the front office of the Aero Club. Planes available for rent to club members include Cessna 172, T-34, two state of the art Air Especial Aircraft from Europe, a Piper Aztec twin and a Beechcraft.

There is an opening for a full-time aircraft mechanic at the Aero Club right now. Until the position is filled, the club is depending on volunteers to service their planes. Much of the work is contracted out.

If you've been here quite a while but haven't figured out where the Aero Club is, you're in luck. When you are about to go out the Bell gate, turn right and follow Kilser Avenue

north; past the stop signs and all the signs that tell you that you must have a pass to proceed; past the signs that tell you to give the right of way to taxiing airplanes; then follow the curve of Jersey barriers out to the edge of the flightline and finally you'll see the building. It takes a little effort to find it, but the benefits are worth the search.

“
It [the aero club] is one of the best benefits of being in the Air Force
”

**Capt. Chip Bulger,
Avionics Engineer
A-10 Program Office.**



Rick Garza, a 938th Engineering and Installation Squadron installation manager, watches a video at the Aero Club. There is a large library of safety and instructional videos available to club members. They can be used to supplement a course or to improve your knowledge and skill.

**Has the Flying Bug bitten you?
Call the McClellan Aero Club at 643-3264 to find
out more about flying opportunities on base.**

F.Y.I.

WAC movie

The Wing Airmen's Council will show *Titanic* on Friday 8:15 p.m. on the Handball wall theater near the barracks. A "short" will be shown before the feature presentation.

Housing Office Hours

Beginning Sept. 21, the Military Family Housing office and the Homeowners Assistance Program Office will be closed for lunch between the hours of 11:30 a.m. and 12:30 p.m. Regular office hours are from 7:30 a.m. to 3:30 p.m.

OTS Board Schedule

The following is the latest revision of the Officer Training School Board schedule. Applicants requiring a waiver must submit application 14 days prior to application cutoff date to process waiver. Interested applicants should contact the Base Education Office, Bldg. 8, Room 225, 643-4776, Monday - Friday, 9:30 a.m. - 4:30 p.m.

Board / ApplicationCutoff / Board Dates / Estimated Release Date

9905	Oct. 13	Oct. 27 - 30	Nov. 12
9906	Nov. 14	Dec. 8 -11	Dec. 23
9907	Dec. 22	Jan. 19-22, 1999	Feb. 5, 1999
9908	Feb. 2, 1999	March 2-5, 1999	March 19, 1999
9909	March 16, 1999	April 13-16, 1999	April 30, 1999
9910	April 27, 1999	May 25-28, 1999	June 11, 1999
9911	June 8, 1999	July 6-9, 1999	July 23, 1999
9912	July 29, 1999	Aug. 17-20, 1999	Sept. 3, 1999

Blue Cross/Blue Shield

A representative from Blue Cross/Blue Shield Service Benefit Plan will meet with enrolled civilian employees and retirees Sept 16, from 11 a.m. to 12 noon, in Bldg. 8, room 22. The representative will be available to assist enrollees with concerns regarding claims or services. No appointment is necessary.

Community Events

UC Davis 1998-1999 Distinguished Speakers

Bringing prominent leaders to the capital region to discuss the larger issues of the day has been the central mission of the UC Davis presents Distinguished Speakers Series for the past ten years. The 1998-1999 series includes: journalist Mike Wallace; cartoonist Garry Trudeau, presidential historian Dori Kearns Goodwin, Archbishop Desmond Tutu, and evolutionary biologist Stephen Jay Gould.

Single tickets may be purchased after Sept. 24 at the Campus Box Office and all BASS Ticket Centers. For more information, call the UC Davis Presents office at (530) 757-3199.

Thunder in the Sky '98

The Ridge Golf Course, the City of Auburn and Auburn Aviation Association presents *Thunder in the Sky* '98, Oct. 10 from 8 a.m. to 4 p.m. Featured events include aircraft displays of warbirds, gyro-copters, military fly-bys, antique and classic vehicles, parachute jump teams, airplane and helicopter rides, young eagles – free airplane rides for kids and much more. There will be food, fun and flying for the entire family.

For more information and tickets, call Carol Uhouse at (530) 878-9496 or Ben Prince at (530) 389-8568.

Health

Fluoridated drinking water

The Capehart and Wherry housing areas have fluoridated drinking water. The Historic housing area does not. The American Dental Association recommends that children 16 years of age and younger receive supplemental fluoride if the amount of fluoride available in their drinking water is less than .3mg/l. The natural levels on base have been measured at .2mg/l.

The 77th Dental Squadron recommends parents with children 16 years of age or younger living in the Historic housing area to follow up with their children's dentist or physician to assess their individual needs regarding supplemental fluoride.

If you have questions, call Capt. Holly V. Ellenberger at 643-4970.

HAWC Commissary Tour

The Health and Wellness Center is offering a Smart Shoppers Commissary Tour, Sept. 14, 8-9:30 a.m. at the back receiving dock of the commissary. This class focuses on healthy selections at the grocery store to build the foundation of a healthy diet.

HAWC Healthy Eating Class

The Health and Wellness Center is having a Healthy Eating class, Sept. 23, 11:30 a.m.-1 p.m., Rafferty Hall. This one and one-half hour overview of basic nutrition for lifetime health, weight management, and chronic disease risk reduction.

Social

Steak night

The Presidents Council will sponsor a Steak Night at the NCO Club tomorrow from 5 - 8 p.m. The cost is \$8. For children who do not eat steak, a hamburger and chips may be substituted and the cost is \$3. Military, civilians and friends may purchase this meal and the surcharge does not apply to this function.

For more information and tickets, call Tech. Sgt. Curtis Jennings at 643-3861; Chief Master Sgt. Roger Hagenbuch at 643-2043; or retired Chief Master Sgt. George Moses at 643-4011.

Volunteer Ops

Big Brothers Big Sisters

Big Brothers Big Sisters of the Greater Sacramento area will have a volunteer orientation meeting Sept. 21. All orientations will be held at the Big Brothers Big Sisters' office, 2856 Arden Way, Suite 150 and will begin at 6 p.m.

The volunteer orientation is an informational meeting for prospective mentors to learn more about the agency and how to become a Big Brother or Big Sister. For more information or if you want to attend the next meeting, call the agency's receptionist at (916) 484-9300.

Knowing cholesterol number may be key to healthy heart

Courtesy of the 77th Medical Group

Do you know your cholesterol number? Many Americans don't. Yet heart disease continues to be the #1 killer among Americans and is responsible for 30 percent of all deaths in the country. Despite the media campaign regarding the risks of heart disease, Americans continue to eat a diet too high in fat. To increase awareness of the importance of cholesterol in the development of heart disease, September is National Cholesterol Education Month.

Experts recommend that all Americans over the age of 20 years old know their cholesterol number and have it rechecked every five years. If it is high, your health care provider will provide valuable information on reducing your cholesterol, and may refer you to the Health and Wellness Center's Cholesterol Lowering Program. You can also call and sign up to attend this program, which is held twice monthly, and is open to all active duty members, dependents, DoD civilians, and retirees. If you don't know your number, you can get it checked by signing up for a Health Risk Appraisal, held Tuesday afternoons by appointment at the HAWC. All Americans, regardless of their cholesterol number, should eat a low fat diet consistent with the Dietary Guidelines for Americans.

The human body needs some fat in the diet as fat helps transport fat soluble vitamins A, E, D, and K. We also use fat to manufacture antibodies to fight disease, and fat deposits help cushion and protect vital organs. As you can see, fat should not be totally eliminated from our diets.

Children under the age of two years should not have their dietary fat or cholesterol restricted as it will interfere with their growth and

development. Most older children and adults don't have a problem getting enough fat; the problem is too much fat.

Fat in our food contains both saturated and unsaturated fatty acids. Saturated fats increase blood cholesterol levels. They are found in meats, milk (except skim), and milk products (cheese, cream), butter, margarine, and any other fat that is solid at room temperature. Coconut and palm oils are highly saturated and are found in many baked products. Reading nutrition labels on packages can help to identify these oils.

Monounsaturated and polyunsaturated fats come from plant sources that reduce blood cholesterol when they replace saturated fats in the diet. Olive and canola oils are high in monounsaturated fats; most other vegetable oils, nuts, and high fat fish (such as salmon) are good sources of polyunsaturated fat. Total fat intake should be less than 30 percent of total calories. For most men, this means 60 - 70 grams of fat or less per day, and for most women, 50 - 60 grams or less is a healthy limit.

Another type of fat that may raise blood cholesterol levels is partially hydrogenated vegetable oils. Hydrogenation is a process by which a liquid oil is "hardened" to make it into a solid. Margarine and shortening are examples of fats that have been hydrogenated, and they vary greatly in the

amount of saturated fat they contain. Check nutrition labels to compare saturated fat numbers and choose the lowest when possible.

The Food Guide Pyramid tells us foods high in fat should be used sparingly. Fat contains more than twice the number of calories as equal amounts of carbohydrate and protein.

Dietary cholesterol is found only in animal products and it is highly recommended to limit foods that are especially high in cholesterol. Keep egg yolks to three or four per week, and eat liver and other organ meats only occasionally. In addition, go easy on the butter, cream, and whole fat dairy products as the cholesterol in these foods adds up quickly.

Meats contain roughly 25 milligrams of cholesterol per ounce, while an egg yolk contains 215 milligrams.

We should limit our daily cholesterol intake to 300 milligrams or less. Choose 2 - 3 servings of lean meat, poultry, or fish per day (a serving size is 3 ounces, the size of a deck of cards).

Trim visible fat from meats, and remove the skin from poultry. Avoid high fat processed meats such as sausage, hot dogs, salami, and other cold cuts. Beans and other legumes make hearty, low fat meat substitutes in many dishes, such as chili

and soup. If you would like to sign up to get your cholesterol number checked, or attend the Cholesterol Lowering Program, call the HAWC at 643-4648.



U.S. Air Force Photo by Laura J. Williams
Freya Murphy, student aide, SM-ALC Public Affairs office reads the label on a can of food for nutritional value. Daily cholesterol intake should be reduced to less than 300 milligrams.

Five fruits and vegetables a day helps keeps the doctor away

Capt. Donna Smith
77th Medical Group

'Five fruits and vegetables a day' - it's a message that Americans are taking to heart. Since the 1990 kick-off of the joint campaign by the National Cancer Institute and Produce for Better Health, more people recognize the importance of a diet rich in fruits and

vegetables for staying healthy. Based on the evidence that links diet with cancer, heart disease, and other chronic conditions, leading health authorities recommend a balanced diet low in fat, saturated fat, and cholesterol which includes plenty of fruits and vegetables. This type of diet has many other benefits as well including weight and blood pressure control. Fruits and vegetables are a source of important vitamins and minerals, (including vitamins A, C, E, and

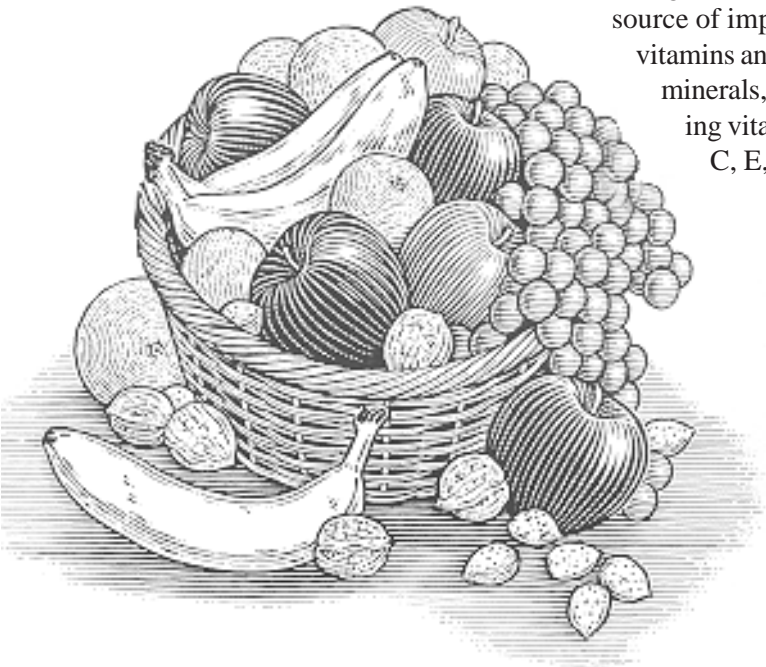
folate), carotenoids and other antioxidants, fiber, and various phytochemicals. If you've walked into a health food store lately, you'll recognize all of these nutritional properties as some of the hottest health products sold in pill form. But fruits and vegetables, the original fast food, are an inexpensive, convenient, and delicious way to get your nutrients. In addition, scientists' understanding of how these factors protect us from disease is limited; the pill form of vitamins may not provide the same benefits as the nutrients in the fruits and vegetables themselves.

Many people know the health benefits, but action on the recommendations is still slow in coming. Consumption lags behind the recommended "5 A Day", at about 3.5 servings a day. Even more concerning, studies show that 25 percent of school-aged children do not eat fruits and vegetables daily. Dr. Edward J. Sondik, a spokesperson for the National Cancer Institute stated, "The more we can teach youngsters about a healthy lifestyle, the

better off we'll be. We aren't doing a very good job."

So, what's keeping you from eating more fruits and vegetables? Here are some easy tips to meeting your goal for better health:

- Eat plenty of fruits and vegetables at every meal.
- Start the morning off with a 6 oz. glass of 100 percent fruit juice. That's one serving down; four to go!
- For a morning snack, try a fresh piece of fruit, ½ cup of canned fruit, or ¼ cup of dried fruit. That's number two.
- For lunch, add a salad instead of chips or french fries. Three servings - way to go.
- For an afternoon snack, munch on carrot and celery sticks, mini-peeled carrots, cucumber slices, raw broccoli pieces and a low-fat dip. They're conveniently pre-washed and prepackaged. Four servings! Isn't this easy?
- For dinner, microwaved frozen vegetables, a fresh fruit parfait for dessert, or even a glass of vegetable juice will round out the



Now showing at the Base Theater

Madeline - Friday

Frances Mcoormand, Nigel Hawthorne - Madeline is one of twelve little orphaned girls who live in a school under the supervision of Miss Clevel. When the school's benefactress, Lady Covington, passes away, her husband resolves to close the school. Madeline collaborates with Pepito to save the school. PG (momentary language). 90 minutes.

Disturbing Behavior - Saturday

James Marsden, Nick Stahl - In Cradle Bay, the teenage success rate soars above the norm. No drunk driving accidents, no drug overdoses, no passionate suicides. But new kid on the block Steve, hooks up

with the town outcasts, Gavin and Rachel, searching for the reason behind the disturbing behavior of their peers. R (strong violence, sexuality, language and drug content.) 83 minutes.

Godzilla - Sunday

Matthew Broderick - The Pacific Ocean churns, giant footsteps plow an ominous path through miles of Panamanian forest beaches. Ships off the U.S. coast capsize. This mysterious destruction is heading toward Manhattan. Godzilla descends upon New York City, causing complete chaos. PG-13 (sci-fi monster action and violence). 118 minutes.

All movies start at 7 p.m.



U. S. Air Force Photo by 1st Lt. John S. Hutcheson

Airman 1st Class Jacinto Hanson, 77th CEG quarterback, tries to elude a 652nd CLSS defender during a football game Sept. 3. CLSS won the game 13 to 0.



IM Football Standings

MSS-4-0
TOD-3-1
SFS-2-2
CEG-1-2
CS-0-5
CLSS-2-2

(Current as of Sept. 9)

Marathon bound



U.S. Air Force Photo by 1st Lt. Tom Knowles

The 77th Medical Groups Senior Airmen Nikki Gross, NCOIC of physical therapy and Lara Cirulli, laboratory technician run during their lunch hour in preparation for the 2nd annual Air Force Marathon. Gross and Cirulli are members of the McClellan marathon team which will represent the center and the 77th Air Base Wing at Wright Patterson Air Force Base's second annual Air Force marathon in Dayton Ohio Sept. 19.

Youth Center

Today: Open recreation, 1-6 p.m. Open gym 1-3 p.m. and 4-6 p.m. Snack bar 1 - 6 p.m. Advanced Gymnastics 3 - 4 p.m. Teen Outdoor Adventure meeting 5 p.m.

Friday: Open recreation, 1 - 6 p.m.; open gym, 1 - 6 p.m.; snack bar, 1 - 6 p.m.; Skate night 6:30 - 8:30 p.m.; grades K - 3, \$2.75 members and \$3.75 for guests, maximum of 36 children.

Saturday: Open recreation, noon - 5 p.m.; open gym, noon - 5 p.m.; snack bar, noon - 5 p.m. Soccer season begins, 9 a.m.

Sunday: Closed

Monday: Open recreation, open gym, snack bar, 2 - 6 p.m.:

Tuesday: Open recreation, 2 - 6 p.m.; open gym, 4:15 - 6 p.m, snack bar, 2 - 6 p.m. Beginning Gymnastics 2:15 - 3:15 p.m. and 3:15 - 4:15 p.m. Piano lessons 3 - 6 p.m. Tae Kwon Do, 6 - 7 p.m.

Wednesday: Open recreation, gym and snack bar, 2 - 6 p.m.; Couples Communication Class, 6:30 - 7:30 p.m. To sign up, call Family Advocacy at 643-1518. Pre-teen meeting 3:30 p.m., graded 4 - 6.

Recreation News

Preschool slots, hourly care still available

The Child Development Center has several slots open for the Mon., Wed., Fri. morning session. There is also a slot open for the Mon., Wed., Fri. afternoon session. The CDC is also accepting hourly care for three to five year olds on Tue. and Thur. Call at least one day in advance if needing hourly care. For more information, call the CDC director Eleanor Arcia at 643-3611.

End of summer special at fitness plus

New or current members can join or rejoin Fitness Plus before Sept. 18 and receive free membership months. Sign up for a three month membership for \$51 and get an additional month free. Purchase a six month membership for \$102 and get an additional two months free.

McClellan Crimebeat



Compiled by Senior Airman Lisa Baylis
77th Security Forces Squadron

The following incidents were selected directly from the 77th Security Forces Squadron blotters.

Aug. 1

•The law enforcement desk received notification of a non-base affiliated individual who was suspected of performing lewd acts in Capehart Housing. Security Forces patrols detained the suspect and turned the case over to the Sacramento County Sheriff's Office for prosecution.

Aug. 5

•An Army member turned himself in for desertion at the law enforcement desk.
Contact was made with appropriate Army personnel who confirmed his desertion status. The member was issued a provisional pass and transported to billeting until transfer arrangements could be made. The member was returned to his unit the following day to face desertion charges.
•A retired military member was detained at the Base Exchange for attempting to pass counterfeit money.
Contact was made with the Office of Special Investigation personnel which responded and

assumed custody of the investigation.

Aug. 6

•A civilian employee reported the theft of government property from Bldg. 250E. Investigation results are pending.

Aug. 7

•A military member was detained on Dudley Blvd. for driving under the influence. He was apprehended, transported to the law enforcement desk and released to his first sergeant. Commander's action pending.
•A military member turned himself into the law enforcement desk for a civil assault charge. Contact was made with Sacramento County Sheriff's Office who responded and transported him to the Sacramento County Jail for processing. Civil court action is pending.

Aug. 8

•The dependent of a retired military member was detained for shoplifting at the base exchange. Her shopping privileges were suspended for six months.
The dependent of a military member was detained at Navaho Gate for driving under the influence of a controlled substance. Investigation revealed the passenger of the vehicle also possessed a small

quantity of the controlled substance. Contact was made with Sacramento Sheriff's Office which responded and assumed custody of the case.
Fire Department personnel responded to Bldg. 521 for a fire alarm. Patrolmen responded to investigate which revealed an unidentified individual pulled the alarm during a party. The fire response was terminated and the party was dispersed without incident.

Aug. 12

•A military member was detained by another military member for reckless driving in the parking lot of Bldg. 1401. Patrolmen responded and transported the driver to the law enforcement desk. Commander's action pending.
A military member reported an unidentified individual had hopped the fence in Capehart Housing. Security Forces patrolmen responded and located the individual who was released to Sacramento County Sheriff's deputies.

Aug. 14

•The dependent of a reserve military member was detained for shoplifting at the Base Exchange. Her shopping privileges were suspended for six months.
•A Navy member turned himself in for desertion at the law enforcement desk. Contact was made with the appropriate Navy personnel who confirmed his status. The member was issued a provisional pass until transfer arrangements could be made. The member was

returned to face desertion charges.
•A civilian employee was detained for driving under the influence after departing Flashback's Pizzeria. The individual was apprehended, transported to the law enforcement desk and cited in Federal Magistrate's court.
Aug. 21
•Fire Department personnel responded to Bldg. 783T for a report of structural fire. Security Forces Investigation personnel responded. The fire was extinguished without incident. Fire Department investigation is pending.

Security forces patrolmen responded to Bldg. 947 for a fight in progress. Upon arrival, a military member and a non-base affiliate were transported to the law enforcement desk for underage alcohol consumption. The member's commander and first sergeant were notified.

Aug. 22

•The law enforcement desk received notification of a possible heart attack/stroke of a retired military member at the base tennis courts.
Fire Department, Security Forces patrolmen and American River Ambulance personnel responded. The individual was transported to Mercy San Juan Hospital.

Aug. 29

•A military member was apprehended by California Highway Patrol for driving under the influence. The member's commander and first sergeant were notified. Member is awaiting court date in civil court

Military Justice Actions for August 1998

Action: Article 15
Date Processed: Aug. 5
Rank: Airman
Offense: Article 112a: Wrongful use of marijuana
Punishment: Reduction to the grade of Airman Basic; forfeiture of \$200 pay per month for 2 months.



DID YOU KNOW?



No parent or legal guardian shall permit his/her child under the age of four, weighing less than forty pounds, to be transported upon a highway in the motor vehicle without providing for each child, a child passenger restraint system. Penalty: \$50 fine. (Reference: CVC 27360a)

1998 McClellan Base Talent Show October 29, 30 & 31 NCO Club Ballroom



Participants are needed!
Singers, dancers, actors, magicians, musicians, comedians show me what you've got - even lipsync accepted.

This is a variety show, not a contest.

For more information on meetings and rehearsals contact Master Sgt. Carla Bayerl, 643-2596 or 729-4825.

Caught doing something good



U.S. Air Force Photo by Laura J. Williams

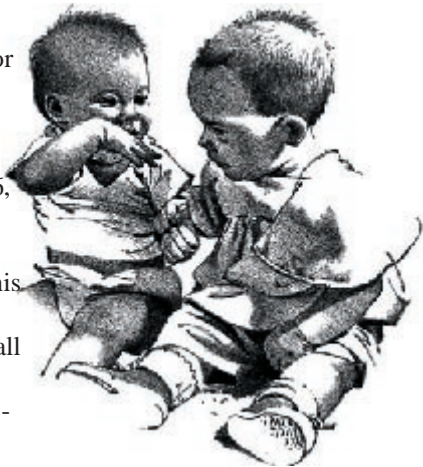
Every payday Larry Simms, Evaluation and Inventory Inspector with the Aircraft Production Division of the Aircraft Management Directorate, (fourth from right) puts on a big spread for the workers at a dry cleaning facility on Winters St. Simms is a shopper. He loves to watch the advertisements, clip coupons, compare and save money. Everyday his girlfriend, who works in the dry cleaning shop, brings money to work in order to buy her lunch. Being the thrifty person that he is, Larry started thinking that he could feed everyone that works at the cleaners for the same amount of money his girlfriend brings to work each day. As an experiment, he tried out his theory. Sure enough, with careful planning he acomplished his goal. Ever since that day Larry has continued to provide lunch for the laundromat every payday. One week, he brought shrimp and clams. Last Friday, he brought roast beef and all the trimmings. Simms is also known for supplying turkeys, roast beef and other large items for pot luck meals for his coworkers on base. Thanks Larry, for making a difference.

CDC provides child care for Military Gala

The McClellan Child Development Center will provide child caregiving for children ages six weeks to 12-years-old for all those who will be attending the 1998 Military Gala, Sept. 26, from 5:30 - 10 p.m.

A form 1181 must be accomplished to receive this service.

For more information, call Eleanor Arcia or Carman Soto at 643-3611, Monday - Friday, 7 a.m. - 4 p.m.



DOCTOR

CONTINUED FROM PAGE 9

day. Five servings with little effort!

Additionally:

- Eat at least one vitamin A rich food, such as cantaloupe, broccoli, spinach, carrots, or sweet potatoes everyday.
- Eat at least one vitamin C rich food, such as grapefruit, oranges, green pepper, strawberries, or cauliflower everyday.
- Eat at least one high fiber fruit or vegetable a day, such as apples, grapefruit, or broccoli.
- Enjoy the cabbage family several times a week. These include broccoli, cauliflower, brussels sprouts, and all types of cabbage.
- Fun and easy fruit and vegetable recipes are available at NCI's web site at: <http://www.dcpnci.nih.gov/5aday/RECIPES.HTML>.

For more information, the Health and Wellness Center offers quarterly 'Smart Shopper's Tours' of the commissary, and the 8 - 9:30 a.m. Sept. 14 tour will focus on produce. Call the HAWC at 643-4648 to sign up.

Tickets now on sale for Sept. 26 Military Gala

Tickets for the Capital City Military Gala are now on sale at your units. The event will be held at the Sacramento Convention Center, 1400 J Street, Sept. 26 starting at 6 p.m. Attire is mess dress

or semi-formal for military personnel and black tie or dark suit for civilian personnel.

performance by the Air Force's Sabre Drill Team.

After dinner, the musical group *Galaxy* will provide the entertainment. Kelly Brothers and Deidre Fitzpatrick of KCRA Channel 3 will emcee the gala.

Come enjoy the excellent food, fine wine, dancing and celebrate the military tradition of the Sacramento Community.

Organization Ticket Sellers

ORGANIZATION	NAME	PHONE
First Sergeants	Senior Master Sgt. Ed Cahoon	643-6347
364th RS	Tech Sgt. Corina Stout	643-2273 x232
77th MDOS/SGO	Lt. Shelli Cannon	643-8514
77th ABW	1st Lt. Lorena Bailey	643-0077
938th EIS	Capt. Kay Spanuth	643-4012
BC	Allen Taylor	643-2819
CGOC	2nd Lt. Karen Smola	643-5315
CL	Lt. Col. Gonzalo Vergara	643-1001
652nd CLSS	Tech. Sgt. Nathan Highsmith	643-2947
DACOWITS	Dr. Margaret Scheffelin	485-8196
EM	Capt. George Joyce	643-0830 x443
FM	2nd Lt. Andy Meek	643-1280
IG	Bobby Finch	643-1244
JA	Lt. Col. Roger Overland	643-3150
LA	Jo Ann Williams	643-5441
LH	Maj. Chris Brissery	643-1520 x343
LI	Marian Jude	643-2826
PA	Freya Murphy	643-6127
PK	Capt. Jon Bridges	643-4458
Seapower	Jean Lytle	967-8354
Seapower	Phyllis Baker	967-8354
TI	Capt. Paul Simonich	643-2010
TOD	Libby Williams	643-6130
Top Three	Master Sgt. Kevin Eide	643-3861

